

BMSH4302 Week 10: Acronym Glossary

Treatment and Lifestyle Management

This glossary covers acronyms used across the Week 10 lecture, speaker notes and supporting materials. Entries are grouped by category and alphabetised within each group. Where an acronym refers to a drug class, an example agent is given in brackets.

Conditions and clinical terms

ARFID	Avoidant/Restrictive Food Intake Disorder. An eating disorder characterised by avoidance of food unrelated to body image.
CHD	Coronary Heart Disease. Narrowing of coronary arteries due to atherosclerosis.
COPD	Chronic Obstructive Pulmonary Disease. Progressive, mostly irreversible airflow limitation.
CVD	Cardiovascular Disease. Umbrella term covering CHD, stroke and peripheral arterial disease.
DKA	Diabetic Ketoacidosis. A medical emergency typically associated with type 1 diabetes.
GAD	Generalised Anxiety Disorder.
HF	Heart Failure. Inability of the heart to pump effectively to meet body demand.
MS	Multiple Sclerosis. Autoimmune demyelination of central nervous system axons.
OA	Osteoarthritis. Mechanical and degenerative joint disease.
RA	Rheumatoid Arthritis. Autoimmune disease attacking the synovium of joints.
T1DM	Type 1 Diabetes Mellitus. Autoimmune destruction of pancreatic beta cells.
T2DM	Type 2 Diabetes Mellitus. Insulin resistance with progressive beta-cell dysfunction.

Anatomy, physiology and basic measurements

BMI	Body Mass Index. Weight in kilograms divided by height in metres squared.
BP	Blood Pressure. Reported as systolic over diastolic in millimetres of mercury (mmHg).
CNS	Central Nervous System. Brain and spinal cord.
GI	Gastrointestinal. Relating to the digestive tract.
HR	Heart Rate. Beats per minute.
LDL	Low-Density Lipoprotein. The cholesterol fraction targeted by statin therapy.

Drug classes and named drug references

ACE inhibitor	Angiotensin Converting Enzyme inhibitor (e.g. ramipril, lisinopril). Antihypertensive.
ARB	Angiotensin Receptor Blocker (e.g. losartan, candesartan). Antihypertensive alternative to ACE inhibitor.
DMARD	Disease-Modifying Antirheumatic Drug. Methotrexate, sulfasalazine, hydroxychloroquine, leflunomide, biologics.
DMT	Disease-Modifying Therapy. Used in multiple sclerosis to reduce relapse frequency and disability accumulation.

GIP	Glucose-dependent Insulinotropic Polypeptide. Tirzepatide is a dual GIP/GLP-1 agonist.
GLP-1	Glucagon-Like Peptide-1. GLP-1 receptor agonists include semaglutide and liraglutide.
GTN	Glyceryl Trinitrate. Sublingual spray or tablet for angina symptom relief.
HRT	Hormone Replacement Therapy. Used in menopause and as an option in younger postmenopausal osteoporosis.
ICS	Inhaled Corticosteroid. The preventer in asthma; also used in moderate to severe COPD.
LABA	Long-Acting Beta-2 Agonist (e.g. salmeterol). Bronchodilator used in asthma and COPD maintenance.
LAMA	Long-Acting Muscarinic Antagonist (e.g. tiotropium). Bronchodilator used in COPD maintenance.
MR antagonist	Mineralocorticoid Receptor antagonist (e.g. spironolactone). Part of the heart failure core four.
NSAID	Non-Steroidal Anti-Inflammatory Drug (e.g. ibuprofen, naproxen, diclofenac).
PPI	Proton Pump Inhibitor (e.g. omeprazole). Gastric acid reduction; co-prescribed with NSAIDs where indicated.
SABA	Short-Acting Beta-2 Agonist (e.g. salbutamol). The reliever in asthma; pre-exercise dose for exercise-induced asthma.
SGLT2 inhibitor	Sodium-Glucose Co-Transporter 2 inhibitor (e.g. dapagliflozin, empagliflozin). Used in T2DM and heart failure.
SNRI	Serotonin-Norepinephrine Reuptake Inhibitor (e.g. venlafaxine). Antidepressant alternative to SSRI.
SSRI	Selective Serotonin Reuptake Inhibitor (e.g. sertraline, citalopram, fluoxetine). First-line antidepressant.
TNF	Tumour Necrosis Factor. Anti-TNF agents are biologic DMARDs used in rheumatoid arthritis.
T3	Triiodothyronine. The active thyroid hormone.
T4	Thyroxine. Synthetic levothyroxine replaces T4 in hypothyroidism.

Clinical monitoring and assessment

CGM	Continuous Glucose Monitoring. Wearable sensor reporting glucose continuously; standard for many T1DM clients.
HbA1c	Glycated Haemoglobin. Average blood glucose over the preceding three months. Diagnostic threshold for T2DM is 48 mmol/mol.
INR	International Normalised Ratio. Measures clotting time; titrated in clients on warfarin.
PAR-Q+	Physical Activity Readiness Questionnaire (Plus). Standard pre-participation screen.
SpO2	Peripheral oxygen saturation. Measured via pulse oximeter; aim above 88 per cent during activity in COPD.
TFT	Thyroid Function Test. Measures TSH and free T4 (sometimes T3).
TSH	Thyroid Stimulating Hormone. Pituitary hormone used to titrate levothyroxine dose.

Exercise prescription frameworks

1RM	One Repetition Maximum. The maximum load that can be lifted once with correct form.
ADL	Activities of Daily Living. Functional everyday tasks (dressing, walking, climbing stairs).
FITT	Frequency, Intensity, Time, Type. The four prescription variables.
ROM	Range of Motion. The extent of movement available at a joint.
RPE	Rating of Perceived Exertion. Borg 6 to 20 scale, or modified 1 to 10. Used when heart rate is pharmacologically altered.

Diet and lifestyle frameworks

DASH	Dietary Approaches to Stop Hypertension. Dietary pattern with strong cardiovascular and metabolic evidence.
DiRECT	Diabetes Remission Clinical Trial (Lean et al., Lancet 2018). Demonstrated remission of T2DM through structured weight loss.
MIND	Mediterranean-DASH Intervention for Neurodegenerative Delay. Hybrid pattern with evidence in cognitive decline.
PREDIMED	Prevención con Dieta Mediterránea. Landmark trial of the Mediterranean dietary pattern.
UPF	Ultra-Processed Food. Industrially formulated foods designed to bypass satiety signalling.

Psychological therapies and mental health frameworks

CBT	Cognitive Behavioural Therapy. First-line psychological therapy for depression and anxiety disorders.
CBT-ED	CBT for Eating Disorders. Adapted CBT protocol used in bulimia nervosa and other eating disorders.
FBT	Family-Based Therapy. First-line psychological intervention in adolescent eating disorders.
IPT	Interpersonal Therapy. Alternative first-line psychological therapy for depression.
MANTRA	Maudsley Model of Anorexia Nervosa Treatment for Adults.

Services and care pathways

A&E	Accident and Emergency department.
ERS	Exercise Referral Scheme. UK structure for referring inactive adults with health conditions into exercise programmes.
GP	General Practitioner. Primary care physician.
MDT	Multidisciplinary Team. Coordinated care across clinical disciplines; required for eating disorder programming.

UK clinical authorities and guideline systems

BNF	British National Formulary. Authoritative UK reference for medication prescribing.
EMC	Electronic Medicines Compendium. Online repository of UK Summary of Product Characteristics.

NHS	National Health Service.
NICE	National Institute for Health and Care Excellence. Issues clinical and public health guidance for England and Wales.
NICE NG/PH/CG	Three NICE guideline series: NG (Guideline), PH (Public Health), CG (Clinical Guideline). Numbers identify each guideline (e.g. NG28 covers Type 2 diabetes).
UK CMO	United Kingdom Chief Medical Officer. Issues UK-wide physical activity and alcohol guidelines.

International authorities and academic societies

ACSM	American College of Sports Medicine. Publishes Guidelines for Exercise Testing and Prescription.
ADA	American Diabetes Association.
BACPR	British Association for Cardiovascular Prevention and Rehabilitation.
BEAT	UK eating disorders charity, providing helpline and practitioner resources.
BTA	British Thyroid Association.
BTS	British Thoracic Society. Issues respiratory disease guidelines (often jointly with SIGN).
CRUK	Cancer Research UK.
EASO	European Association for the Study of Obesity.
ESPEN	European Society for Clinical Nutrition and Metabolism.
EULAR	European Alliance of Associations for Rheumatology.
EWGSOP	European Working Group on Sarcopenia in Older People (EWGSOP2 is the 2019 consensus update).
GINA	Global Initiative for Asthma.
GOLD	Global Initiative for Chronic Obstructive Lung Disease.
IARC	International Agency for Research on Cancer (WHO).
IDF	International Diabetes Federation.
MARSIPAN	Management of Really Sick Patients with Anorexia Nervosa. Royal College of Psychiatrists guidance.
OARSI	Osteoarthritis Research Society International.
ROS	Royal Osteoporosis Society.
SIGN	Scottish Intercollegiate Guidelines Network.
WCISU	Welsh Cancer Intelligence and Surveillance Unit.

Journals and academic abbreviations

MSSE	Medicine and Science in Sports and Exercise. Journal of the American College of Sports Medicine.
NEJM	New England Journal of Medicine.